

Nage Waza (kodomo – børn)

Niveau	Koshi Waza	Ashi Waza	Te Waza	Ma Sutemi Waza	Yoko Sutemi Waza	Gaehi Waza	Renraku Waza
6 .ko		O Soto Otoshi					
5. kyu	O Goshi						
4. ko		O Uchi Gari	Seoi Nage				
3. ko	Uki Goshi	Ko Uchi Gari					O Goshi + O Uchi Gari
2. ko	Harai Goshi		Tai Otoshi				Ko Uchi Gari + O Uchi Gari
1. ko		De Ashi Barai	Sukui Nage/Te Guruma	Tani Otoshi		Uki Goshi → ← O Goshi	O Soto Gari + Seionage